

Penn Cambria Curriculum

Course Name	Family and Consumer Science 7
Length of Course	9 Weeks
Grade Level	7
Prerequisites	None
Course Description	<p>FACS is designed to empower each individual to better handle the challenges of living and working in a diverse society and to nurture and develop family values to improve quality of living. The classroom experiences will allow the student to develop the knowledge and skills needed in making choices to meet personal, family, and work responsibilities.</p> <p>In grade 7, students will review kitchen measurement learn about food handling and preparation techniques, plan a meal and cook in the kitchen, learn about infant and child development and complete a sewing project.</p>
Units of Study	<p>Food Handling and Preparation Techniques Cooking in the Kitchen / Meal Plan Infant and Child Development Sewing Project</p>
Materials	<p>Text: None Supplemental Materials: Teacher created materials, kitchen supplies, sewing supplies</p>

Unit: Food Handling and Preparation Techniques

Estimated Time: 1 week

Standard Alignment:

11.3.9 B Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

11.3.9 G Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

Curricular Objectives:

Students will:

- Identify measuring abbreviations.
- Identify measuring equivalencies.
- Convert units of measurement used in food preparation.
- Explain sanitary food handling procedures.
- Identify various food preparation techniques.

Assessments/ Measurement of Objectives:

- Objective quizzes/tests
- Class activities
- Student demonstrations
- Student projects

Suggested Methods of Instruction / Learning Activities:

- Teacher demonstration
- Worksheets and handouts
- Converting units of measurement exercises

Unit: Cooking in the Kitchen / Meal Plan

Estimated Time: 2 Weeks

Standard Alignment:

11.3.9.A –Explain how scientific and technological developments) enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

11.3.9 F – Hypothesize the effectiveness of the use of meal management principles (eg. Time, budget, appeal, nutrition, safety, sanitation).

Curricular Objectives:

Students will:

- Identify nutrition terms
- Identify common ingredients in baked products
- Create a meal by following a written recipe
- Create a baked product from basic ingredients using a recipe
- Explain how packaging, food preservation techniques, and nutrient fortification impact the foods we eat today
- Create a snack that is more nutritious made fresh than one that is bought.
- Independently plan a meal

Assessments/ Measurement of Objectives:

- Objective quizzes/tests
- Class activities
- Student demonstrations
- Student projects / cooking labs

Suggested Methods of Instruction / Learning Activities:

- Vocabulary Worksheets
- Teacher demonstration
- Kitchen Station
- Baking Station
- Written meal plans
- Student meal creation (from recipe)
- Baking lab
- Meal planning exercises

Unit: Infant/Child Development

Estimated Time: 2-3 weeks

Standard Alignment:

- 11.4.9 A Analyze physical, intellectual and social/emotional development in relation to theories of child development.
- 11.4.9 B Evaluate health and safety hazards relating to children at each stage of child development.
- 11.4.9 C Evaluate various environments to determine if they provide the characteristics of a proper learning environment.
- 11.4.9 D Analyze the roles, responsibilities and opportunity for family involvement in schools.
- 11.4.9 E Explain how storytelling, story reading and writing enhance literacy development in children.

Curricular Objectives:

Students will:

- Identify the bench marks of infant development.
- Identify positive learning activities appropriate for infants and children, including literacy activities.
- Describe responsibilities associated with parenting.
- Compare and contrast major theories of child development.
- Identify healthy and safety hazards for infants and children.

Assessments/ Measurement of Objectives:

- Objective quizzes/tests
- Class activities
- Written responses
- Student projects

Suggested Methods of Instruction / Learning Activities:

- “Egg baby project”
- Chart/diagram of child development theories
- Timelines/posters showing benchmarks of infant development

Unit: Sewing Project

Estimated Time: 3-4 Weeks

Standard Alignment:

None

Curricular Objectives:

Students will:

- Thread a needle
- Sew a four hole shank button
- Use a sewing machine.
- Create a final product using sewing techniques.

Assessments/ Measurement of Objectives:

- Class activities
- Homework activities
- Student demonstrations
- Student projects

Suggested Methods of Instruction / Learning Activities:

- Sewing Station
- Button evaluation activity
- Student chosen sewing project